

BLOCK 1

NECK AND TRAP GUIDE PROGRAM: WEEK 1

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 2 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| MONKEY SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | SLIDE DUMBBELLS UP YOUR SIDES TO ABOUT WAIST HEIGHT SO YOUR ELBOWS ARE BENT AND PERFORM SHRUGS |
| PLATE LOADED FORWARD NECK CURL | 2 | 12-15 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 1, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 2 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE LYING SHRUG | 2 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 29

BLOCK**1**

NECK AND TRAP GUIDE PROGRAM: WEEK 2

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 2 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| MONKEY SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | SLIDE DUMBBELLS UP YOUR SIDES TO ABOUT WAIST HEIGHT SO YOUR ELBOWS ARE BENT AND PERFORM SHRUGS |
| PLATE LOADED FORWARD NECK CURL | 2 | 12-15 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 1, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 2 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE LYING SHRUG | 2 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

29

BLOCK**1**

NECK AND TRAP GUIDE PROGRAM: WEEK 3

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 3 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 3 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| MONKEY SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | SLIDE DUMBBELLS UP YOUR SIDES TO ABOUT WAIST HEIGHT SO YOUR ELBOWS ARE BENT AND PERFORM SHRUGS |
| PLATE LOADED FORWARD NECK CURL | 3 | 12-15 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 1, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 2 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE LYING SHRUG | 2 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 3 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 33

BLOCK

1

NECK AND TRAP GUIDE

PROGRAM: WEEK 4

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 3 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 3 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| MONKEY SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | SLIDE DUMBBELLS UP YOUR SIDES TO ABOUT WAIST HEIGHT SO YOUR ELBOWS ARE BENT AND PERFORM SHRUGS |
| PLATE LOADED FORWARD NECK CURL | 3 | 12-15 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 1, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 2 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE LYING SHRUG | 2 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 3 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 33

BLOCK 2

NECK AND TRAP GUIDE PROGRAM: WEEK 5

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 3 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 3 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| LATERAL RAISE | 3 | 12-15 | | 9 | 1.0 | | | | SQUEEZE TRAPS AT THE TOP OF EACH MOVEMENT |
| PLATE LOADED LATERAL NECK CURL | 3 | 12-15 | | 9 | 1.0 | | | | LIGHT WEIGHT, SMOOTH AND CONTROLLED REPS |
| PLATE LOADED NECK EXTENSION | 2 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE FACEPULL | 2 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 3 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 33

BLOCK 2

NECK AND TRAP GUIDE PROGRAM: WEEK 6

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 3 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 3 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| LATERAL RAISE | 3 | 12-15 | | 9 | 1.0 | | | | SQUEEZE TRAPS AT THE TOP OF EACH MOVEMENT |
| PLATE LOADED LATERAL NECK CURL | 3 | 12-15 | | 9 | 1.0 | | | | LIGHT WEIGHT, SMOOTH AND CONTROLLED REPS |
| PLATE LOADED NECK EXTENSION | 2 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE FACEPULL | 2 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 3 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 33

BLOCK 2

NECK AND TRAP GUIDE PROGRAM: WEEK 7

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 3 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 3 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| LATERAL RAISE | 3 | 12-15 | | 9 | 1.0 | | | | SQUEEZE TRAPS AT THE TOP OF EACH MOVEMENT |
| PLATE LOADED LATERAL NECK CURL | 3 | 12-15 | | 9 | 1.0 | | | | LIGHT WEIGHT, SMOOTH AND CONTROLLED REPS |
| PLATE LOADED NECK EXTENSION | 3 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE FACEPULL | 3 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 3 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 35

BLOCK 2

NECK AND TRAP GUIDE PROGRAM: WEEK 8

STRENGTH FOCUS

| DAY 1 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|---|
| RACK PULLS | 3 | 6-8 | | 7.5 | 3.0 | | | | SET UP BARBELL AT JUST BELOW KNEE HEIGHT, USE STRAPS AND A BELT AS NEEDED |
| OVERHEAD SHRUG | 3 | 12-15 | | 9 | 1.0 | | | | PALMS FACE ONE ANOTHER, SLIGHT BEND IN ELBOWS, SHRUG UP AND SLIGHTLY BACK |
| PLATE LOADED FORWARD NECK CURL | 3 | 10-12 | | 9 | 1.0 | | | | PLACE SHOULDERS ON THE EDGE OF BENCH, PLATE ON FOREHEAD, CURL THE WEIGHT WITH A CAREFUL, CONTROLLED CADENCE |
| HARNESS LOADED NECK EXTENSION | 3 | 8-10 | | 9 | 1.0 | | | | SIT ON EDGE OF BENCH, LEAN SLIGHTLY FORWARD AND PERFORM CONTROLLED EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

| DAY 2 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| UPRIGHT ROW | 3 | 10-12 | | 8 | 2.0 | | | | USE A 2X SHOULDER WIDTH GRIP AND PREVENT ELBOWS FROM EXCEEDING SHOULDER HEIGHT |
| LATERAL RAISE | 3 | 12-15 | | 9 | 1.0 | | | | SQUEEZE TRAPS AT THE TOP OF EACH MOVEMENT |
| PLATE LOADED LATERAL NECK CURL | 3 | 12-15 | | 9 | 1.0 | | | | LIGHT WEIGHT, SMOOTH AND CONTROLLED REPS |
| PLATE LOADED NECK EXTENSION | 3 | 12-15 | | 9 | 1.0 | | | | LIE FACE DOWN ON BENCH WITH SHOULDERS AT THE EDGE, LOAD PLATE ON BACK OF HEAD AND PERFORM EXTENSIONS |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

| DAY 3 | SETS | REPS | %1RM | RPE | REST | 1 | 2 | 3 | NOTES |
|--------------------------------|------|-------|------|-----|------|---|---|---|--|
| WIDE GRIP BARBELL SHRUG | 3 | 15-20 | | 8 | 3.0 | | | | GRIP BARBELL AT 1.5X SHOULDER WIDTH AND LEAN SLIGHTLY FORWARD, SHRUG STRAIGHT UP AND SQUEEZE EACH REP! |
| ROPE FACEPULL | 3 | 15-20 | | 9 | 1.0 | | | | PLACE ROPE OVERHEAD, GET AS CLOSE TO CABLE UPRIGHT AS POSSIBLE AND SHRUG DOWN AND BACK |
| PLATE LOADED FORWARD NECK CURL | 2 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY, AVOID ARM INVOLVEMENT |
| PLATE LOADED NECK EXTENSION | 3 | 15-20 | | 9 | 1.0 | | | | SLIGHTLY LIGHTER WEIGHT THAN DAY 2, SMOOTH AND CONTROLLED REPS USING NECK ONLY |

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME 35